

Support group pada klien terapi NES (Nutri Energetic Systems) untuk menangani healing crisis = Support group intervention on NES therapy clients to overcome healing crisis / Ayu Gayatri

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Abstrak

Penelitian ini membahas pemberian intervensi support group pada klien terapi NES untuk menangani healing crisis yang sudah atau akan mereka alami selama masa terapi. Kegiatan support group meliputi pemberian informasi mengenai simptom, proses dan cara mengatasi healing crisis, pemberian materi psikologis yang berkaitan dengan healing crisis, sharing, dialog interaktif dan latihan. Penelitian ini adalah penelitian kualitatif, dengan pretest dan posttest design. Hasil penelitian mengindikasikan efektivitas pemberian intervensi, dilihat dari peningkatan pengetahuan dan penurunan tingkat kecemasan dan stress yang diukur dengan Depression Anxiety Stress Scale (DASS).

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This study discusses support group intervention on NES Therapy clients to overcome healing crisis which they have or going to experience during their therapy session. The support group activities are conveying information regarding symptoms, process and how to handle healing crisis, conveying materials regarding psychological aspects related to healing crisis, sharing, interactive dialogues and exercises. This is a qualitative study with pretest and posttest design. The result of this study indicates effectiveness of intervention, which can be seen from enhancement of knowledge and reduction of anxiety and stress level which was measured using Depression Anxiety Stress Scale (DASS).